

General

Title

Physical functional status: mean change score in patients' mobility following physical therapy intervention as assessed using the Outpatient Physical Therapy Improvement in Movement Assessment Log (OPTIMAL) Instrument.

Source(s)

American Physical Therapy Association (APTA). OPTIMAL difficulty--follow-up and OPTIMAL confidence--follow-up. Alexandria (VA): American Physical Therapy Association (APTA); 2006. 2 p.

American Physical Therapy Association (APTA). OPTIMAL instrument. Alexandria (VA): American Physical Therapy Association (APTA); 2006. 3 p.

Measure Domain

Primary Measure Domain

Outcome

The validity of measures depends on how they are built. By examining the key building blocks of a measure, you can assess its validity for your purpose. For more information, visit the [Measure Validity](#) page.

Secondary Measure Domain

Does not apply to this measure

Brief Abstract

Description

This measure is used to assess the mean change score in patients' mobility following physical therapy intervention as assessed using the Outpatient Physical Therapy Improvement in Movement Assessment Log (OPTIMAL) Instrument.

Rationale

A review of a *Catalogue of Tests and Measures*, included within the *Guide to Physical Therapist Practice*, indicated that physical therapy generally lacked standardized instruments to measure a change in movement. OPTIMAL was developed to be a clinically relevant self report measure universal to physical therapist practice that would account for the patients' experiences, including a behavioral dimension, with minimal respondent burden.

The instrument can be used as a quality improvement tool at either the individual patient level, for quality management within a practice, or to be included in a national physical therapy outcomes database. At the individual level, the instrument can be used by the therapist to assess progress toward patient goals and to measure the efficacy of interventions that are provided. At the practice level, each therapist can compare his or her services against the standard established among a larger population of patients. At the national level, the comparisons can be made against an even larger number of patients and practices.

Primary Clinical Component

Physical therapy; functional status; mobility

Denominator Description

Adolescent and adult patients who received physical therapy services at a participating clinic and who completed both a baseline and follow-up Outpatient Physical Therapy Improvement in Movement Assessment Log (OPTIMAL) Instrument (see the related "Denominator Inclusions/Exclusions" field)

Numerator Description

Mean change score in patients' mobility following physical therapy intervention as assessed using the Outpatient Physical Therapy Improvement in Movement Assessment Log (OPTIMAL) Instrument

Evidence Supporting the Measure

Evidence Supporting the Criterion of Quality

A formal consensus procedure involving experts in relevant clinical, methodological, and organizational sciences

Evidence Supporting Need for the Measure

Need for the Measure

Unspecified

State of Use of the Measure

State of Use

Current routine use

Current Use

Internal quality improvement

Application of Measure in its Current Use

Care Setting

Ambulatory Care

Ancillary Services

Rehabilitation Centers

Professionals Responsible for Health Care

Physical Therapists

Physicians

Lowest Level of Health Care Delivery Addressed

Individual Clinicians

Target Population Age

Adolescent and adult patients

Target Population Gender

Either male or female

Stratification by Vulnerable Populations

Unspecified

Characteristics of the Primary Clinical Component

Incidence/Prevalence

Unspecified

Association with Vulnerable Populations

Unspecified

Burden of Illness

Unspecified

Utilization

Unspecified

Costs

Unspecified

Institute of Medicine (IOM) Healthcare Quality Report Categories

IOM Care Need

Getting Better

Living with Illness

IOM Domain

Effectiveness

Data Collection for the Measure

Case Finding

Users of care only

Description of Case Finding

Adolescent and adult patients who received physical therapy services at a participating clinic and who completed both a baseline and follow-up Outpatient Physical Therapy Improvement in Movement Assessment Log (OPTIMAL) Instrument

Denominator Sampling Frame

Patients associated with provider

Denominator Inclusions/Exclusions

Inclusions

Adolescent and adult patients who received physical therapy services at a participating clinic and who completed both a baseline and follow-up Outpatient Physical Therapy Improvement in Movement Assessment Log (OPTIMAL) Instrument

Exclusions

Pediatric patients or those who cannot read English or have the cognitive ability to complete the instrument independently

Relationship of Denominator to Numerator

All cases in the denominator are equally eligible to appear in the numerator

Denominator (Index) Event

Therapeutic Intervention

Denominator Time Window

Time window precedes index event

Numerator Inclusions/Exclusions

Inclusions

Mean change score in patients' mobility following physical therapy intervention as assessed using the Outpatient Physical Therapy Improvement in Movement Assessment Log (OPTIMAL) Instrument

Exclusions

Unspecified

Measure Results Under Control of Health Care Professionals, Organizations and/or Policymakers

The measure results are somewhat or substantially under the control of the health care professionals, organizations and/or policymakers to whom the measure applies.

Numerator Time Window

Episode of care

Data Source

Patient survey

Level of Determination of Quality

Not Individual Case

Outcome Type

Functional Status

Pre-existing Instrument Used

Unspecified

Computation of the Measure

Scoring

Weighted Score/Composite/Scale

Interpretation of Score

Better quality is associated with a higher score

Allowance for Patient Factors

Unspecified

Standard of Comparison

External comparison at a point in time

External comparison of time trends

Internal time comparison

Evaluation of Measure Properties

Extent of Measure Testing

The Outpatient Physical Therapy Improvement in Movement Assessment Log (OPTIMAL) instrument was pilot tested to assess internal consistency reliability, validity, and responsiveness. Overall, the psychometric properties of the 21-item OPTIMAL instrument were strong. Refer to the article, "Development and testing of a self-report instrument to measure actions: outpatient physical therapy improvement in movement assessment log (OPTIMAL)" (Guccione, et al., 1995) for details.

Evidence for Reliability/Validity Testing

Guccione AA, Mielenz TJ, Devellis RF, Goldstein MS, Freburger JK, Pietrobon R, Miller SC, Callahan LF, Harwood K, Carey TS. Development and testing of a self-report instrument to measure actions: outpatient physical therapy improvement in movement assessment log (OPTIMAL). Phys Ther. 2005 Jun;85(6):515-30. [21 references] [PubMed](#)

Identifying Information

Original Title

Outpatient Physical Therapy Improvement in Movement Assessment Log (OPTIMAL).

Submitter

Developer

American Physical Therapy Association - Professional Association

Funding Source(s)

Unspecified

Composition of the Group that Developed the Measure

Unspecified

Financial Disclosures/Other Potential Conflicts of Interest

Unspecified

Adaptation

Measure was not adapted from another source.

Release Date

2005 Jun

Measure Status

This is the current release of the measure.

The American Physical Therapy Association reaffirmed the currency of this measure in January 2011.

Source(s)

American Physical Therapy Association (APTA). OPTIMAL difficulty--follow-up and OPTIMAL confidence--follow-up. Alexandria (VA): American Physical Therapy Association (APTA); 2006. 2 p.

American Physical Therapy Association (APTA). OPTIMAL instrument. Alexandria (VA): American Physical Therapy Association (APTA); 2006. 3 p.

Measure Availability

The individual measure, "Outpatient Physical Therapy Improvement in Movement Assessment Log (OPTIMAL)," is available from the [American Physical Therapy Association \(APTA\) Web site](#).

For more information, contact the American Physical Therapy Association (APTA) at:

1111 North Fairfax Street

Alexandria, VA 22314-1488

Web site: www.apta.org

Phone: 703-684-APTA (2782) or 800-999-APTA (2782)

Fax: 703-684-7343

Companion Documents

The following is available:

American Physical Therapy Association (APTA). Scoring of OPTIMAL. Alexandria (VA): American Physical Therapy Association (APTA); 2007 Feb 23. 1 p. This document is available in Portable Document Format (PDF) from the [American Physical Therapy Association \(APTA\) Web site](#) .

NQMC Status

This NQMC summary was completed by ECRI Institute on June 26, 2007. The information was verified by the measure developer on September 27, 2007. The information was reaffirmed by the measure developer on January 21, 2011.

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